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By C. J. S. THOMPSON.

AUTHOR OF "PRACTICAL DISPENSING," &c., &c.

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N The Best Thing to Do.

PART I.

INTRODUCTION.

THE object of this work is mainly to offer some practical suggestions and instructions how to render first and suitable aid in case of simple ailments, sudden illness, or accident, until skilled medical assistance can be procured. It so happens that when emergencies of this kind occur, those round about are usually at a complete loss to know what to do, and their efforts, as a rule, are of the kind which are calculated to do more harm than good. A great deal has been done in recent years towards instructing the public how to render prompt and intelligent aid when the occasion requires, but there are yet many who are ignorant of the best means of rendering such assistance for the want of a few practical hints.

It should be clearly understood, the following pages have not been written with the object of encouraging self-prescribing, or dosing, or in any way to supersede the Medical Practitioner, but simply to instruct those who are ignorant of the most elementary principles of medical art in the best course to take should the occasion arise, until skilled aid can be called in. The old adage that claims prevention to be better than cure may be aptly applied with regard to disease. Threatened attacks may often be warded off, if taken in time, by the prompt administration of some simple remedy, or by taking necessary precautions, if you know what to take, or what to do. The choice of a suitable holiday, or health resort, is frequently a matter of serious consideration to those who seek change of climate and rest. The remarks offered on such localities, and the

list given of European spas, will, no doubt, be of assistance to many, and the names of registered British Medical Practitioners residing in the principal cities abroad will also doubtless be of service to those travelling on the Continent, &c. It is always a wise plan when taking an extended tour, to carry a few simple medicines, or a small medicine chest, as the difficulty may often be experienced in foreign countries of obtaining exactly what is required. Suggestions, therefore, are given as to the selection of the remedies most suitable to carry, and those likely to be of the greatest service to the traveller.

One of the first rules everyone should learn who wishes to be of assistance in sudden emergencies, is to know how to keep a cool head and presence of mind. To know the best course to take when such occasions arise is the surest way to preserve these *desiderata*, and the possession of the knowledge inspires confidence. It is well to bear in mind that prompt and intelligent assistance often saves a great amount of after suffering, and may avert serious consequences. The simple ailments dealt with are of the kind ordinarily met with in every-day life, and the best preliminary methods of treatment are suggested and described. Under the head of minor accidents, explicit directions are given how to render first aid in such cases until medical help can be obtained. The practical lectures on the latter subject usually given under the direction of the St. John's Ambulance Association are strongly recommended to every reader, as a few minutes' practical demonstration in such an operation as bandaging are worth pages of theoretical description.

My thanks are due to many Medical and other friends for many suggestions I have adopted in this little work.

CHAPTER I.

GENERAL PRECAUTIONS. WHAT TO AVOID IN EATING AND DRINKING—SIGHTSEEING—CLOTHING.

Some useful precautions that may be observed as to food are important, especially to those who travel on the Continent, where the modes of diet vary. As a rule, the food at first-class hotels in this country and abroad is good, the menus being well blended, and may be relied upon. It is a good plan, as a general rule, to adopt the style of living of the country you are staying in. Rich and made dishes should be avoided by those who are liable to liver derangements, and if the digestive organs are weak it is well to be cautious in partaking of the following things, which include most of those foods not easily digested,—pork, salt meat and salt fish, eels, herrings, lamb, veal, liver, kidney, duck, goose, sausages, mackerel, mussel, salmon, lobster, crab and cod;—artichokes, celery, boiled cabbage, apples, peas, plums, pine-apple, currants, pickles, and chocolate. Meats that are easily digested are mutton, venison, hare, sweetbread, chicken, turkey, and partridge, pheasant, grouse, beef, turbot, haddock, soles, oysters, trout, pike;—baked apples, oranges, grapes, strawberries, peaches, cocoa free from fat, and light claret. Puffed pastry, heavy puddings, or ices should especially be avoided. Stone or over-ripe fruit often give rise to severe attacks of diarrhoea, especially if eaten when the weather is warm. It is well to endeavour to live as simply and plainly as possible, observing as much regularity as you can in general habits, and avoiding excess in eating and drinking; these will be found the best safeguards against sickness and disease. At home little advice

is necessary as to eating, one can order and procure what is to one's own taste and liking, observing ordinary precautions. When on a walking tour a start should not be made immediately after finishing a meal, and the food eaten should not be heavy. As regards the choice of beverage a great deal, of course, depends upon individual taste, but a few hints as to water may be of service. Fortunately in our own country in almost every town the water may be relied upon as being uncontaminated. In country districts, where the supply is received from wells or streams, careful examination should be made, to see they are free from contamination with sewage or decayed organic matter. A ready and simple test to detect this is by adding a drop or two of a solution of permanganate of potass to a glass of the suspected water, and allow it to stand. If after a time it becomes a light brown in colour, and turbid in appearance, it should not be used for drinking until it has been first boiled and filtered. Pure water will remain clear and bright on addition of the same fluid. It is the safest plan to filter the water whenever the source is at all doubtful. When travelling abroad, especially in out-of-the-way places, a small *etna* may be easily carried, and when suspected, the water should be brought to the boiling point, and kept there for four or five minutes before being used for drinking purposes. This will destroy most harmful germs and render it safe. In Continental countries, with perhaps the exception of Germany, the water supplied for drinking purposes cannot always be depended upon. In Paris in particular the supply of water for domestic use is not at all desirable. The safest method when in doubt is to drink Apollinaris, or the Aerated Soda or Seltzer, which can be obtained nearly everywhere. When the weather is hot or close, and much thirst is felt, the juice of a lemon with soda water will be found most refreshing. Drinks containing sugar only satisfy for a short time, and cause the mouth to become dry again soon afterwards. As a quencher of thirst for those who are on long walking expeditions, a flask filled with weak cold tea without milk or sugar will be

found of great service, as it has remarkable sustaining properties.

When staying in districts of a high altitude, or on the sea coast, care should be taken to avoid night chills, especially by those whose chests are susceptible to cold. Even in the hot season the windows of sleeping apartments should not be left open throughout the night, unless the climate of the district is well known. In houses situated in the country where the drainage is poor and the sanitary arrangements primitive, it is always well to take a supply of carbolic powder or other handy disinfectant to distribute well about. The sanitary arrangements in Continental hotels, except some of those of the best class in the principal cities, are, as a rule, of a very poor description. This, of course, the visitors cannot mend, but certain precautions may be observed. Care should be taken to see that there is plenty of ventilation in the bedrooms, and it is well to avoid sleeping in a room that is situated close or next to a lavatory. The hotels along the Mediterranean coast are generally good, a large number now being under English management, and the sanitary and other arrangements are much improved.

When travelling long distances by rail during cold weather, comfort largely depends upon the circulation being kept right. Wrap the feet in a rug, and, if possible, keep them raised from the floor, across which in railway carriages a constant draught of air passes. During hot weather and in the summer, by far the pleasantest time to take a long journey is at night for those in health. You have the advantage of having less dust, as well as being much cooler, and in the sleeping berths which are attached to most Continental night trains, sleep and rest can usually be obtained. For invalids, and those not in robust health, a protracted railway journey is harmful, and should be broken up into easy stages, with sufficient rest between to overcome fatigue. In these days of cheap travelling, many, no doubt, have had an experience of the wearisome nature of continuous sight-seeing. The majority of people, especially those who visit the Continent, before they reach a certain city, map themselves out a certain

programme, which they make up their minds must be gone through in a given time. They immediately rush off through church after church, or gallery after gallery, without intermission, until the eye gets thoroughly satiated, the body tired and jaded with the panorama, and all that remains when they come to sit down quietly and think over their visit is a confused jumble of carved pulpits, stained-glass windows, and pictures. Can it be wondered that these people suffer from what might be termed sight-seeing indigestion? There is an art in knowing how to enjoy and spend a holiday, and it is well to remember that there can be little benefit derived from a plethora of sight-seeing. If you wish to enjoy some masterpiece or work of art, go and contemplate it quietly, examine it thoroughly, and you will be able to carry away and retain a distinct impression for enjoyment at leisure.

A word as to suitable clothing, on which, when travelling for any length of time, much of our comfort depends. An experienced traveller will sacrifice a great deal of fashion to comfort, which, after all, is of the most importance. Clothing worn next to the skin should always be of wool, however light. The clothes worn should not be too heavy, a strong tweed of medium texture being best for all-round wear. For mountaineering, flannel shirts and knickerbockers are most suitable. Too much attention cannot be paid to the feet, which have so much work to do, and add materially to our comfort. They should be washed each night with warm water, easy boots being worn of soft leather that do not pinch or cramp in any way, with soles not too thick. If much walking is to be done, lace-up or buttoned boots are preferable to shoes. On board ship, avoid wearing canvas or rubber-soled shoes; those of very light leather or kid, with plenty of room and broad toes, are much more comfortable, as well as giving greater support and protection to the feet.

CHAPTER II.

HEALTH RESORTS AT HOME AND ABROAD.

In choosing a resort for those who are in search of health, suitability of climate is the first consideration. Most Medical Practitioners have special leanings towards certain localities, and patients will do well to follow their advice, as they know their condition best. It will be sufficient to enumerate here a few of the more well-known health resorts, with some observations on the suitability of their climate, for the guidance of invalids and others.

In our own country, for those with pulmonary troubles, the sheltered nooks round the coast of Devonshire, such as Torquay, and farther west in Cornwall, Falmouth and Penzance, will be found mild and beneficial. In the North, Grange-over-Sands, and West Kirby, in Cheshire, are mild, dry, and well recommended. For a more bracing climate, Eastbourne, Bournemouth, Hastings, St. Leonards, and Folkestone have each a reputation as being suitable for those who require the stimulus of stronger sea air. Sandown and Ventnor in the Isle of Wight have a wonderfully mild temperature during the winter months. On the West Coast we have Aberystwyth, Barmouth, Llandudno, Colwyn Bay, each having its own special advantages, the latter being exceptionally mild during the winter months. Inland, we have Matlock, surrounded by the Derbyshire hills, and Trefriw, in North Wales, delightfully sheltered, and situated in the Conway Valley, &c. On the East Coast, Scarborough and Whitby are bracing and dry, though exposed to the east winds in the early months of the year. For those who are troubled with gout and rheumatism, and do not wish to travel far, we have

Bath, whose chalybeate and sulphur waters are famous, Buxton with its mineral springs, Harrogate, Malvern and Cheltenham.

Leaving our own country and going farther afield, for those who need rest, there is nothing better than a sea voyage, such as that to Madeira or the Canary Islands, which will be found both beneficial and enjoyable. Madeira owes its equability of temperature to its southern latitude, and the influence of the ocean which washes its shores. The mean temperature throughout the year is 66 deg. Fahr., and as a rule does not vary more than 11 deg. Fahr. between the day and night.

At Orotava, Teneriffe (one of the Canary Islands), the climate is even less variable than at Madeira. Sheltered by its high peak at the back, the air is dry and warm, the heat even in summer not being excessive, while in winter the climate is delightfully mild, and varies very little; there are no frosts or heavy dews, and fog is almost unknown. The mean temperature throughout the year is 68·5 deg. Fahr. in the shade. From November to April its average is about 63·8 deg. Fahr., and there is not more than 5 deg. Fahr. variation in the twenty-four hours. The climate is most suitable for those with throat and chest troubles.

For those who wish to avoid the damp and fog of our English winters, the Riviera is universally accepted as the best winter resort, also for those suffering from lung diseases, protected as it is from most cold winds by the mountain ranges which extend along the Mediterranean coast. The climate is coldest in December, when the lowest temperature averages from 42 deg. to 45 deg. Fahr. There is sometimes frost and snow, but it does not last long, November being the wettest month in the year. As a rule, the winter on the coast of the Mediterranean is generally clear, bright and dry, free from fog and mist, with a temperature from 8 deg. to 10 deg. higher than that of England. The coast from Hyères to Alassio during the winter months is besieged by invalids, Hyères, Cannes, Mentone, San Reino, Nice, &c., each having its own admirers. Latterly St. Raphael has come into repute as a winter residence.

Situated in the Bay of Fréjus, it is sheltered from the hot sun and wind. During the months of December, January, February, and March, the average temperature is 46·6 deg. Fahr., and in April 55·3 deg. Fahr. It is specially suitable for anaemic patients, and those suffering from chronic chest or lung diseases. Hyères and its suburb, Costebelle, are the most southern stations on the French Riviera, the latter being surrounded by pine woods, and situated almost on the coast. The atmosphere is bracing and stimulating. The town of Hyères is well sheltered by hills, but suffers from the mistral in the winter. The temperature during the winter months is from 50 deg. to 59 deg. Fahr. in the shade between the hours of eight and four p.m., but there is often a rapid fall after sunset, of which the invalid should be careful. The air is undoubtedly dry, mists seldom occurring, and cloudy days are exceptional. It is well recommended for consumptive patients, especially in the early stages. Those troubled with gout, rheumatism, chronic bronchitis, anaemia, and asthma, will find the climate very beneficial. Invalids should avoid going out after sunset, and remain indoors when the mistral blows. San Remo is also well sheltered, the average temperature during the winter season—from November to April—being 62·6 deg. Fahr. The temperature is moderate throughout the year, the rainfall slight, and the water and sanitary conditions of the town are said to be excellent. During the winter months it is necessary to observe caution when living at any of the Mediterranean health resorts, all those situated on the sea-shore being more or less windy, and this is increased on the Riviera by the daily sea and nightly land breezes, also by the mistral, that dry, cold, north-west wind, which prevails in March, blowing very strongly at times during that month. It is most felt at Hyères and Cannes, and the precaution should always be taken not to go out after sunset without being well wrapped up.

On the African coast, Algiers is excellently situated for a health resort, the average temperature during the winter months—from November to April—being 58·3 deg. Fahr.

Farther east, Cairo is now well recommended for anaemic patients and those with pulmonary troubles. It has an exceptionally mild dry inland climate, but the disadvantage of having a considerable difference between the day and night temperature, renders precautions necessary. This may be judged from the fact of there being often a maximum of 80 deg. Fahr., and a minimum of 38 deg. Fahr. in the twenty-four hours.

Of the many delightful resorts in Switzerland, Grindenwald, situated in a sheltered valley in the Bernese Oberland, is one of the most salubrious for invalids, the climate being wonderfully mild in winter, and the water and accommodation good.

Montreux, on the Swiss side of Lake Leman, is well recommended for those suffering from chest diseases, catarrhs, and rheumatism. The air is extremely dry, and it is well sheltered from the north-east and cold winds in the winter. Glion and Les Avants, the latter situated 2,000 feet above Montreux, have each an excellent reputation as winter resorts for pulmonary cases. Davos Platz, St. Moritz, &c., have also the advantage of a dry atmosphere.

Pau, Vernet, and other towns in the neighbourhood of the Pyrénées have a large number of English residents during the winter months, and are especially frequented by rheumatic patients, and those with chest troubles.

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CHAPTER III.

SEA SICKNESS.

There are few more distressing ailments than sea sickness—from which so many suffer who travel by water—as well as few complaints more difficult to relieve. Only those who have experienced the unutterable and deadly feeling of nausea that accompanies a bad attack, can realise what it is. Caused mainly by the rolling and motion of the vessel, some persons are extremely sensitive, and the slightest motion will induce the feeling of nausea to come on. Remove the cause and you have immediate relief. So-called cures are useless, but the attack can often be mitigated, and sometimes prevented, if a few common-sense precautions are observed. If the sea passage is only to be a short one, it is well not to partake of a meal just before going on board the vessel. If hungry take a dry biscuit, but avoid butter. Lie on your back in the berth, with the knees bent, and get as much fresh air as possible. After an attack of vomiting, a small glass of brandy and soda water is the best restorative. Lozenges containing the twelfth of a grain of cocaine have also been recommended to prevent the feeling of nausea coming on. One should be taken every two or three hours after going on board. On a long voyage the sickness is generally got over after two or three days at sea, and the traveller is sometimes no further troubled. In exceptional cases, when the attacks are prolonged, causing much exhaustion, the medical officer of the ship should be consulted.

CHAPTER IV.

CHILLS, SORE THROATS, COUGHS, AND COLDS.

A CHILL is one of those little ailments we are very liable to catch when travelling, and is much easier caught than got rid of. If exposed for any length of time to a current of cold air, or coming from a hot room or building to a lower temperature, a chill is easily contracted, which may develop into serious trouble if not taken in time. It makes itself felt by the cold shivers that pass through the body. The best precautions are to wrap well up before going into a cold atmosphere. Rigidly avoid sitting in draughts, and when coming out of a heated building into the open air, keep the mouth closed for a few minutes, so that the cold air may be warmed by passing through the respiratory passages before reaching the lungs. If a chill is felt, walk rapidly to aid circulation, and take a hot bath before going to bed, applying a hot-water bottle to the feet to promote warmth. The chill may be followed in the morning by a sore throat, which will speedily makes itself known by dryness and difficulty in swallowing. If relaxed or inflamed the parts should be painted with glycerine and tannin. The dryness will usually yield to the Chlorate of Potash and Borax Tabloid if one is allowed to dissolve in the mouth now and again. A gargle may also be made by mixing a tea-spoonful of glycerine and tannin to half a tumbler of cold water, and used frequently. If three or four of the chlorate of potass tablets are dissolved in half a tumbler of water, and used as a gargle, it will usually give relief in such cases.

Coughs and Colds.—If a cold is found to be developing with a general feeling of lassitude, accompanied by dryness of the skin, it may often be prevented if

taken in time. A hot bath before going to bed, followed by one-half to one teaspoonful of sweet spirit of nitre, or a tablet of salicylate of soda, will promote perspiration and give relief. If the cold continues, manifesting influenza symptoms, camphor pills will be found to mitigate them, if one is taken every two or three hours, alternately with the dose of salicylate of soda. Care should be taken to prevent further exposure to cold. The cough so often left behind may be relieved by ipecacuanha lozenges, or a teaspoonful of pure glycerine with an equal quantity of lemon juice taken now and again; ten or fifteen drops of Friar's balsam on a lump of sugar will also be found most useful. The black currant and glycerine pastille will be found to give relief to the tickling and irritation that accompanies a cough of this kind. Should the chest become tight, with much dark-coloured expectoration, and difficulty of breathing, medical aid should be summoned as soon as possible.

CHAPTER V.

HEADACHE, NEURALGIA, TOOTHACHE, GUMBOIL.

Headache.—Among the many ordinary troubles of nervous origin, headache is one of those most commonly met with. It may arise from various causes, such as the fatigue occasioned by a long railway journey, or excessive exercise under a warm sun. A simple and homely, though excellent, remedy, is a good cup of tea, which exercises a wonderful stimulative and restorative action on the nervous system. It would be well to note here that a cup of tea is often difficult to obtain in the majority of Continental hotels, and those who are fond of the beverage will do well, when on an extended tour, to carry a small supply with them, so they may make it themselves. Two teaspoonfuls of the citrate of magnesia, or one teaspoonful of the granular effervescent citrate of caffeine will also usually give speedy relief.

Neuralgia.—In facial neuralgia we have again another common nervous ailment, the severe pain causing great annoyance and discomfort. Frequently arising from exposure to cold, the pain gradually increases in violence until it is sometimes difficult to bear, and often moves about from one place to another. Relief may occasionally be obtained by the external application of menthol. Five-grain doses of quinine (about as much as will lie on a shilling) taken every three hours, usually gives relief. Tincture of gelseminum taken in doses of from five to ten drops in water three times in the day, will often ease the pain when quinine fails. Alcoholic stimulants are best avoided, and should the pain be persistent and obstinate, a medical man should be consulted.

Toothache.—The toothache that is caused by the nerve of a decayed tooth becoming exposed to the cold is often severe and annoying. The cavity of the tooth, if possible, should first be dried with a small piece of cotton wool, then a drop of oil of cloves applied on wool and pressed into it. A severe, but usually most effective remedy, is a drop of pure carbolic acid applied to the aching tooth in the same way. Care must be exercised when using the acid to prevent it touching the skin or mouth. When the cavity is too small to permit of direct application, some tincture of pellitory rubbed on the gum will usually relieve the pain. Another form of toothache is that which arises from inflammation of the lining membrane of the tooth socket. It is generally caused by cold, and is accompanied by a disposition to grind the teeth together, which seems to give temporary relief. The teeth are very sensitive, and readily affected by currents of hot or cold air passing over them. They also feel lengthened and loose. A simple remedy for this is to rub a little camphorated chloroform on the gum, or if this is not at hand, a small quantity of whisky will answer the purpose. A wash for the mouth, made by adding a teaspoonful of tincture of rhatany, and the same quantity of tincture of myrrh, to half a tumbler of cold water, will relieve the tenderness of the gums. The mouth may be rinsed out with this twice in the day.

Gumboil.—The gumboil or abscess proceeding from the root of a decayed tooth, is often a most painful ailment. It is usually accompanied by an acute aching pain and swelling. Strong decoction of poppy-heads, which may be made by breaking up a couple of poppy-heads, boiling them with half-a-pint of water, then allowing them to stand by the fire for fifteen minutes, forms one of the best applications. The swollen part should be fomented with this decoction, and the mouth also frequently rinsed out with it while it is hot. When the gumboil reaches its height, immediate relief will be obtained on breaking. This may be accelerated by making two or three punctures in it with a needle, the mouth being washed out afterwards with warm water.

CHAPTER VI.

INDIGESTION, CONSTIPATION, SPASM, OR CRAMP IN THE STOMACH, DIARRHEA, SICKNESS OR VOMITING.

INDIGESTION, or dyspepsia, may arise from various causes, and if persistent or of long standing, a proper course of medical treatment is necessary. A temporary attack is usually caused through taking an excessive quantity of food or defective secretion of the gastric juice, which gives rise to uneasiness and flatulence after meals, accompanied, in some cases, by pain. For those troubled with dyspepsia in any form care in diet is very necessary. All indigestible food, such as pork, veal, salt meat, and rich made dishes, &c., should be avoided, and vegetables and fruit eaten very sparingly. Water should be the habitual drink, and cocoa, free from fat, is preferable to tea or coffee. A bismuth lozenge, or as much bicarbonate of soda as will stand on a sixpence in a little water, taken after meals, will relieve the feeling of fulness. A pepsine or soda mint tabloid taken immediately after a meal, will also be found beneficial. Should the attacks become frequent consult a Medical man.

Constipation.—Many people who travel are often troubled with constipation, which causes a great deal of uneasiness and discomfort. Change of air and diet will often give rise to this trouble, or the disturbance from the customary regularity of living and the want of usual exercise has the same effect.

As a rule, a simple and mild aperient taken every night for a week will remedy this. A glass of hot water at bed-time or the first thing on waking in the morning, will often act as an excellent laxative. Strong purgative

medicines should not be taken unless absolutely necessary, and aperients should not be depended on. A dessert spoonful of compound liquorice powder taken in water or milk forms a safe aperient, or one or two tablets of cascara sagrada at bedtime will be found of use. If saline is preferred, a wineglassful of Hunyadi Janos water taken before breakfast may be relied upon.

Spasm, or Cramp in the Stomach.—This acute pain is generally caused by some indiscretion in diet, or by drinking iced liquids to excess after meals, and is often, while it lasts, severe and alarming. An excellent remedy is to apply hot flannels to the part, and give a tablespoonful of brandy, with an equal quantity of hot water. If this fails, half a teaspoonful of strong essence of ginger usually gives relief, or ten or twelve drops of chlorodyne in water will be found invaluable if the pain is severe. *Chlorodyne must not be given to children.*

Diarrhœa.—During the latter part of the summer, and in the early autumn should the weather be warm and close, a mild type of diarrhœa, usually called summer diarrhœa, is often prevalent. It may arise from eating over-ripe or stone fruit, and is sometimes accompanied with pains and sickness. The treatment entirely depends on the cause. A slight attack may often be checked by taking a tablespoonful of arrow-root mixed into a paste with brandy several times a day. Food taken should be light and unirritating, hot liquids and fruit being especially avoided. Astringents and foods of a starchy nature are helpful. If the pain is severe, eight or ten drops of chlorodyne in water every four hours will generally give relief. Should the diarrhœa continue, Medical assistance should be promptly obtained.

Sickness and Vomiting.—Vomiting may arise from several causes, and often accompanies various diseases. The sickness which we refer to is that caused by the stomach being irritable and deranged, and is preceded by what is called a sick headache, and the sensation of nausea. In most cases relief is obtained after vomiting, and rest and quietness followed by a dose of mild aperient medicine will complete the cure. Small quantities of soda water taken at frequent intervals will

allay the feeling of soreness and irritation that is left behind. The soda water may be mixed with milk with advantage. If the vomiting is persistent, one or two drops of ipecacuanha wine taken in the soda water every hour will usually check it.

CHAPTER VII.

SUNSTROKE, FAINTING, HYSTERICAL FITS, HICCOUGH, HEARTBURN.

Sunstroke.—Sunstroke usually occurs only in tropical climates, but slight cases are occasionally met with in Europe when the weather is excessively hot. It is caused by prolonged exposure to the sun's rays, and is accelerated by severe exertion and wearing heavy clothing. It may begin with giddiness, severe pains in the head, accompanied by drowsiness, and followed by insensibility, with heavy breathing and snoring, or in severe cases by sudden loss of consciousness and collapse, followed by difficult breathing and convulsions. Vomiting is a bad sign. If medical aid is not at hand, lift the patient at once to the shadiest and coolest place, pour cold water over the head, dash it in the face, and over the neck and chest. This is the best preliminary treatment until proper assistance can be obtained, and the patient removed.

Fainting.—Fainting may occur through fright, loss of blood, accident, excessive weakness, or other causes. Dr. Ringer recommends in threatened fainting, when the sensation is first felt, that the patient should sit down, lean forward, and place the head between the legs as low down as possible, so that the blood may gravitate to the brain. Strong smelling salts applied to the nostrils will often ward off an attack. If the patient is seized in a building or room, he should at once be removed into the fresh air. Lay him down on his back, with the head on a level with the rest of the body, *and not raised*. Loosen the collar or anything that is tight round the neck and chest, and dash cold water smartly over the face. Apply ammonia salts to the

nostrils, and give a teaspoonful of brandy or sal volatile in a wineglassful of water as a restorative.

Hysterical Fits.—Hysterical fits are usually indulged in by the feminine sex only, especially those of weak nervous temperaments, and may be caused by over excitement. The patient often falls with the eyes partially closed, and laughs and cries alternately. In these cases quiet and firmness are the best remedies, and a good plan is to make the patient understand you must pour a jug of water over her immediately if she does not control herself. This usually effects a speedy cure.

Hiccough.—There are several common remedies for this annoying ailment, the best thing being the application of some cold object, such as a key to the spine, or sucking a piece of loaf sugar saturated with vinegar. It may also often be checked by sucking a small piece of ice.

Heartburn.—That peculiar disagreeable and burning sensation along the gullet, commonly called heartburn, may be relieved by taking as much carbonate of magnesia as will cover a shilling in a little water. A bismuth lozenge is also a useful remedy, or a small piece of prepared chalk about the size of a hazel nut will usually give speedy relief to the sufferer.

CHAPTER VIII.

HOW TO USE THE CLINICAL THERMOMETER.— OBSERVATIONS ON FEVERS AND THEIR PREVENTION.

THE condition called fever is always characterised by a high temperature of the body, and not simply by the feeling of heat alone. A patient may feel hot to himself when he is really not so, and may be shivering with cold as in ague when he is actually in a fever. This condition may be detected by the clinical thermometer, the use of which every intelligent person should learn and understand. The average normal temperature of the human body is 98·4 deg. Fahr., and the variation when in health is very little, rarely exceeding 1·5 deg. In fever this condition is disturbed, the temperature rising, and is correctly estimated by the thermometer. If the temperature is above 100 deg. (and this not due to local inflammation) the patient has fever. Below a 101 deg. the fever is slight, above 105 deg. the fever is high. To take the temperature of the body, the bulb end of the thermometer may be placed in the mouth, or in the hollow of the arm, where it should be allowed to remain for several minutes, and when it is removed the temperature must be recorded at once. In cases of fever, Medical assistance should be obtained as speedily as possible. the patient in the meantime being put to bed and isolated.

Malarial fevers, which are peculiar to certain districts, are those fevers produced by marsh poison or malaria. This is supposed to be caused by a peculiar porosity of the soil, or a certain degree of saturation of the soil with water, accompanied by an elevation of temperature.

The disease is common in low-lying marshy grounds, the poison most probably being generated under certain conditions. It usually rises in the evening, and hangs like a thin mist over the surface of the ground. The autumn especially is a dangerous time in such districts. The poison may be disseminated a long way by the wind, but its spread may be stopped by such obstructions as a range of hills, or a belt of trees, and it is also absorbed by passing over lakes or sheets of water. Hence the object of planting trees and plants such as the eucalyptus and sunflower, that absorb large quantities of moisture around damp and low-lying districts. This has been done with advantage in the marshy lands around Roine, where malarial fever is usually prevalent at certain times of the year.

Malarial fever is not contagious, but after one attack it is liable to recur. Two common forms are known,—ague, or intermittent fever, and remittent fever, the latter being confined almost entirely to tropical climates. Ague has three distinct stages. It begins with a violent shivering and chill, the temperature rising rapidly, which lasts from half to two hours. This is followed by the hot stage, the patient being in a burning fever which may last from one to five hours. Finally, profuse perspiration sets in, and the temperature falls, and the patient drops into a refreshing sleep. When Medical assistance cannot be promptly obtained, the best treatment as first aid during the cold chills, is to apply warmth to the body by means of hot cloths and bottles. In the hot stage, a cool atmosphere is best, plenty of ventilation and light clothing, with cooling drinks if necessary. Quinine in doses of from fifteen to twenty grains (as much as will cover half-a-crown), in water between the intervals. A fifteen-grain dose will often ward off an attack if taken when the first symptoms are felt.

Those staying in malarial districts should avoid going out of doors at night or early in the morning. They should not sleep on the ground floor, and be careful not to drink the water of the district unless it has first been boiled and filtered.

PART II.

MINOR ACCIDENTS.

CHAPTER I.

SCRATCHES, BRUISES, ABRASIONS, CUTS, AND WOUNDS.

Scratches.—A very small scratch, when the skin is torn and lacerated, often gives a great deal of annoyance and pain. Gently bathe the part with warm water, dry it carefully, and then paint over with Collodion, or cover it with a piece of gold beaters' skin.

Bruises.—The discolouration of the skin which usually follows a blow or fall, is due to the rupture of the tissues under the surface and the effusion of blood into them, which causes the discoloured appearance. In ordinary cases, when the bruise is not severe, and unaccompanied by swelling, the simple application of cold water on a pad of lint to the part will give relief. If the skin is unbroken dilute two teaspoonsfuls of tincture of arnica with half a tumbler of water. This solution applied constantly to the part will be found to reduce the swelling and ease the pain. Should the part be much swollen, an application made by adding two teaspoonsfuls of laudanum to half-a-pint of Goulard water, will rapidly take away the swelling and stiffness. Pieces of lint or old linen should be kept saturated with this lotion, and allowed to remain over the swollen part. When the skin is broken, a tablespoonful of

laudanum mixed with a teacupful of warm water, and applied as described above, forms a soothing application.

Abrasions.—Abrasions are generally caused by a fall, or concussion with some rough object that scrapes and lacerates the skin, usually over a joint, and are often very sore and painful. The part should first be gently bathed with warm water, washed free from all dirt or grit, then carbolic oil applied on lint, and kept over the part by means of a bandage. Boracic ointment applied in the same manner also forms a cool dressing.

Cuts and Wounds.—In proceeding to dress and render first aid to a clean cut, or wound that has been made by some sharp instrument, the first thing to do is to endeavour to stop the bleeding. In simple cases this can be speedily done by placing a piece of lint, or soft rag soaked in Friar's Balsam, or Hazeline over the part, and securing it with a bandage. It is well to note first, if the blood that flows from the wound is a dark bluish color, it comes from a vein, but if it is a bright red, and gushes out from the cut in a jerky manner, you may conclude it proceeds from an artery, and is of a more serious nature to deal with. To dress a simple cut, sponge the wound clean with cold water, dry it, then draw the edges together, and strap them across with strips of adhesive plaster, placing a narrow bandage over the plaster if necessary. The best plaster to use in such cases is that spread on some soft, but fairly stout, material, such as brown holland, and known as hospital strapping.

Bleeding from a vein is best checked by applying a pad composed of several layers of lint soaked in cold water, and placing it over the wound from which the blood has been wiped. Then roll a cork in another piece of lint, place it on the top of the pad, and secure the whole tightly by means of a bandage. Pressure should not be used above the wound in such cases. If the cut is in the arm, or leg, the limb should be kept raised, to assist the return of blood. When the bleeding has stopped, have some strips of plaster ready, remove the pad, and drawing the edges of the wound together, strap it across, leaving a small space between each strip.

If the wound is a large one, allow the pad to remain until Medical assistance is procured as it may require stitching. In cases where the wound has been made with broken glass, be careful to remove any fragments that may have entered the flesh before strapping.

In severe cases of bleeding such as the bursting of a varicose vein, first aid should be rendered by placing the patient on a sofa, and keeping the limb raised. Apply as rapidly as possible a pad of lint dipped in cold water to the wound, and secure by a bandage until the doctor arrives. Prompt action is also very necessary when bleeding occurs from an artery. Press the thumb for the moment tightly over the wound, if possible keeping the limb raised, then fold a handkerchief or scarf into the form of a narrow bandage, and tie loosely round the limb, *above the wound*. Now place a pencil, a key, or anything of the kind that is handy under the handkerchief, and twist it round causing the bandage to become tighter, and tighter, until you see the blood cease to flow. When the bleeding stops, apply the wet pad of lint as described before. Keep the patient quiet, and in a recumbent position until Medical help is procured.

The best method of dressing a ragged wound such as that caused by a crush, or jamb, is to wrap a piece of lint saturated with Carbolic Oil (1 in 20) round the injured part, and place a bandage over it. This dressing should be renewed each day until the flesh heals.

Care must always be exercised when dressing an old wound. First bathe, or soak the part thoroughly with warm water, until the old dressing can be easily removed without force. Never drag it if inclined to stick, or you may re-open the wound. When all the old dressing has been removed, and the part washed, dry with a soft cloth before applying the new dressing.

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CHAPTER II.

GATHERED FINGER BURNS AND SCALDS, BLEEDING AT NOSE.

Gathered Finger.—A gathering such as commonly occurs on the finger, usually commences with a burning sensation in the part affected, accompanied by a throbbing pain. When this is felt, soak the finger frequently in hot water, and if relief is not obtained, apply a poultice of bread and water, changing each time it becomes cold. If the gathering is not inclined to break on coming to a head, Medical assistance should be obtained, as it may require lancing. After it has broken, a dressing composed of equal parts of resin and sperniaceti ointments applied on lint, will assist the process of healing.

Burns and Scalds.—A burn is caused by dry heat, such as when the flesh comes in contact with a piece of hot metal, while the scald is due to moist heat. The treatment in both cases is much the same, the object being to exclude the air as quickly as possible. The remedy should be applied promptly, utilizing the first suitable thing that comes to hand. Bicarbonate of soda, which is usually to be found in every household, may be mixed into a soft paste with cold water, and quickly smeared all over the part. Allow it to remain on till the pain goes, then it may be washed off by pouring cold water over it. Sweet oil applied on soft rags also forms a good dressing, or better still, equal parts of linseed oil and lime water, shaken together, should be applied freely on lint, and renewed frequently. This application will relieve the smarting pain very speedily. Never hold a burn in front of the fire, as it will only add to the pain and suffering. If a blister

rises do not break it, but place a dressing of carbolic oil (1 in 20) on cotton wool over the part. This or some simple dressing such as spermaceti, or boracic ointment may be used until the skin heals.

In case of clothes becoming ignited, which sometimes happens to a woman's dress, do not rush about, if there is no one to assist at hand, but call for help. At once lie down on the floor and roll over, wrapping a mat or rug round, if possible, to smother the flames. Help may be rendered by rolling a coat round her if a rug or blanket is not at hand. In more serious cases no better first aid can be given than described above, except by carefully covering the injured parts with sheets of cotton wool until Medical assistance is obtained.

Burns caused by the action of some strong mineral acid, should be treated with a solution of common washing soda in water, at once, the solution being freely applied to the part on lint. When a burn is caused by carbolic acid, sweet oil should be poured over the part, and soft rags, saturated with the oil placed over it.

Bleeding at the Nose.—Bleeding at the nose sometimes acts as a relief to the head, but when persistent, effort should be made to check it, and if it occurs often proper advice should be obtained. In obstinate cases it may usually be stopped by cold water cloths applied to the nose, or cold applications to the back of the neck. The patient should sit upright, with the head held well back. Powdered tannin snuffed up the nostrils is often successful.

CHAPTER III.

FRACTURES, DISLOCATIONS, SPRAINS.

Fractures.—Fractures or broken bones may be roughly divided into two classes. A simple fracture is when the bone is broken only, and there is no wound. A compound fracture is when both occur, and there is a wound from the skin that leads to the broken bone. A fracture may be caused by a fall, or a sharp blow, etc. In all cases of broken or dislocated bones, skilled surgical treatment and Medical aid is necessary, and must be obtained with as little delay as possible. All we can observe here, is to simply point out the best thing to do, and how to render first aid in such cases until the doctor arrives. In every instance, it is important above all, to remember, never to attempt to move the injured person from the spot until the broken part is secured by something firm, which will prevent the fractured bone moving, and perhaps doing serious harm, as well as causing much torture to the patient.

Indications of a Fracture.—A broken bone may be detected by passing the hand very carefully and gently over the part, when an irregularity will be felt. There is great pain, and inability to move the limb. If compared with the sound limb some distortion will be observed, and in gently moving it a grating sensation will be felt.

The Best Thing to Do.—If the fracture has happened to the skull, causing bleeding from the mouth, ears and nose, place the patient on a sofa or bed, the head being slightly raised, and keep him still and quiet until Medical aid is procured.

Fracture of the Arm Bone.—A broken arm-bone is indicated by the injured person being unable to move the arm, and there is also deformity. Bend the elbow

and place a splint on either side of the injured limb, one in front and one behind, supporting the arm in a sling, and obtain Medical assistance as speedily as possible. When the fore-arm is broken bend the elbow as in the former case, keep the thumb upwards, then apply a splint over the front, and one behind, placing the arm in a sling.

Pieces of stiff cardboard, such as the lids of boxes, if long enough, padded inside, or the straw covers of wine bottles may be used as temporary splints if nothing else is handy. These can be secured to the limb with two handkerchiefs. In case of fracture of the thigh, a long splint should be placed on the outside of the body, extending from the armpit to the foot, and secured by bandages. A straight pole, broomstick, billiard cue, two umbrellas tied together, or any long, straight piece of wood will answer the purpose of a temporary splint.

Fracture of the Leg.—Apply a splint on the outside and another on the inside, securing them firmly round the leg, then tie both legs together before the patient is moved.

When the fingers are broken place the whole hand on a broad splint, well padded, securing it there with a handkerchief, and then place the arm in a sling. In case of fracture of the jaw, gently raise it to its natural place, securing it by a triangular bandage passed under the chin, and over the head, as temporary aid.

As accidents often occur in out-of-the-way places, where skilled assistance is not always at hand, the following suggestions as to making temporary splints will doubtless be found useful.

The sleeve of a coat filled with paper, straw, or stuffed with leaves, walking sticks, umbrellas, a stocking filled with earth, tied top and bottom, pieces of wood, rolls of newspaper, and cardboard. If anything hard is utilised it should be well padded by placing a folded scarf or pocket handkerchief along the inside. The splints should be firmly fastened to the limb, on either side of the fracture if possible, enclosing the joints on both sides. The limb should be gently placed in as natural a position as possible before the splints

are fixed. For temporary bandages, neckties, scarfs, bootlaces, tape, string, pocket handkerchiefs, or straps can be utilised.

If it is necessary to move the injured person before the arrival of the Surgeon, he must be kept in a horizontal position, and carried on a door or hurdle, if nothing better is at hand, being moved as gently as possible. If removal cannot be effected, make the patient as comfortable as possible with coats, etc., till assistance can be obtained.

Dislocations.—A dislocation is the displacement of the bones forming a joint, the bones not being broken. It may be observed by the distortion at the joint, the limb being stiff and fixed. There is no flesh wound, or grating sensation when moved. To replace the bone skilled surgical aid is required. Send for or take the patient to a Medical practitioner at once, as the dislocation should be reduced without delay. The limb should be supported by a splint, as described in rendering first aid in fractures, and also be placed in the most comfortable position until help is obtained.

Sprains.—Quietness and rest are the two most essential aids in treating a sprain. If it be the arm or shoulder that is affected, place the limb in a sling. When in the leg or ankle it is necessary to keep them raised from the ground. One of the best applications in such cases is cloths dipped in cold water, to which a little whiskey has been added, placed round the affected part, and covered with a bandage, the cloths being renewed frequently. The limb should not be used for some days. If swollen and painful, fomentation with hot decoction of poppy heads will be found useful, and if necessary, a Medical man should be called in.

CHAPTER IV.

BANDAGING.

BANDAGING is an operation in which some practical illustration is necessary. A bandage is applied to give support to a certain limb, or other part of the body, or for fixing splints, dressings, and allaying muscular action. The two most commonly in use are the triangular, which is usually made of unbleached calico cut triangular in shape, or a large size pocket-handkerchief folded corner ways will answer the purpose, and the roller, which may be composed of linen, calico, flannel, stocking net, or rubber, etc., in width from one to three inches, and from six to twelve yards long. The triangular bandage is used for the neck, the eye, the ear, the forehead, or cheek, to fasten on pads or splints, or may be used to form a sling.

When applying the roller bandage always remember to commence below and work upwards, roll from within outwards, taking care to make every turn smooth, and avoid all wrinkles.

There are three methods of applying the roller bandage. First, that known as the spiral, should be used when the limb is of one thickness, or increases gradually in girth. Commence by making one or two turns to secure the end, then work upwards, each turn overlapping the other by about two thirds the width of the bandage. Second, the reverse spiral should be employed if the limb rapidly increases in girth. The bandage must be turned back upon itself, each time it is carried round the limb, and so on upwards, in order to prevent the folds slipping.

Third, the figure 8 is used to carry the bandage round the joint. Begin by placing the bandage over the upper part of the joint, then draw it under, and across

the lower part, then across the upper part again, so as to form a figure 8, the one loop coming above, and the other below the joint, the cross being over the centre of the joint.

Before replacing a bandage it should always be first firmly rolled afresh.

CHAPTER V.

ACCIDENTAL POISONING, BITES AND STINGS OF VENOMOUS INSECTS AND ANIMALS.

Accidental Poisoning.—In rendering first aid in cases of accidental poisoning, prompt action is absolutely necessary if it is to be of any use. The first thing is to induce vomiting as rapidly as possible. An emetic may be quickly made by mixing a teaspoonful of mustard to a tumbler of tepid water, or if there is no mustard at hand, salt and water will do as well. A table-spoonful of ipecacuanha wine also forms a good emetic, and should be followed by drinks of tepid water until vomiting is induced. In the meantime Medical aid must be summoned. If it can be ascertained what poison has been swallowed, the following antidotes may be administered without delay.

Corrosive or Mineral Acids.—Give bicarbonate of soda in water, or whitening or chalk and water in copious draughts.

Carbolic Acid.—After giving the emetic, follow it up by large doses of olive oil.

Oxalic Acid, or Salt of Lemons.—Give a mixture of chalk and water, magnesia and milk, or carbonate of soda and water, and excite vomiting.

Laudanum or Opium.—Use every effort to keep the patient awake. Give strong coffee at intervals, and keep the patient walking about. He must not on any account be allowed to go to sleep.

Strong Alkalies such as Ammonia.—Give a tumbler of vinegar and water, or lemon juice and water.

Poisonous Berries.—When children have eaten poisonous berries, &c., give an emetic at once, and immediately send for Medical assistance.

Poisoning by Gas.—Remove the patient at once into the fresh air. Loosen the clothes or anything tight round the neck, or chest, bathing the face and chest with cold water, until the doctor comes.

Bites and Stings of Venomous Insects.—Much annoyance is often experienced in hot climates, from the bites and stings of venomous insects such as mosquitoes, fleas, wasps, hornets, &c. One of the best means of preventing this, is to sponge over the parts of the body exposed with a five per cent solution of carbolic acid, just before going to bed. This plan usually acts most successfully in keeping these irritating intruders away. In cases of severe bites from fleas, etc., equal parts of vinegar and water sponged on on the spot will allay the irritation. Stings from wasps and bees should be touched with strong solution of ammonia, which soon relieves the pain. If swollen, the part may be bathed with Goulard water.

Bites of Animals.—For first aid in case of a bite from a dog or other animal, immediately well suck the wound if possible, and tie a piece of string or a band, above and below the wound to prevent circulation. Wash the wound well under a tap or stream of water, then apply caustic freely to the part where the skin is broken, and afterwards strap with plaster if necessary.

CHAPTER VI.

Drowning.—In case of drowning prompt action is extremely necessary. The first thing to do is to prevent unnecessary persons crowding round the body. The patient should not be placed on his back unless the tongue is secured. Do not hold the body up by the feet on any account, but having placed it on the face, with one of the arms bent underneath the forehead, so any water may escape from the mouth, at once proceed to take off all the clothes, wipe the skin dry, cleansing the mouth and nostrils with a handkerchief. Place in a bed, applying hot water-bottles or hot cloths to the arm-pits, between the calves of the legs, and the feet. Ammonia or smelling salts should be applied to the nose, the chest and face rubbed with hot cloths, dash hot and cold water alternately on them, and beat the chest with a wet towel. If there is no sign of returning consciousness, artificial respiration should at once be resorted to by the following method, taken from Doctor Silvester's instructions issued to the National Lifeboat Institution.

Place the patient on his back, on a flat surface, inclined a little upwards from the feet. Raise and support the head and shoulders on a small firm cushion, or folded article of dress, placed under the shoulder blades. Draw forward the tongue and keep it projecting beyond the lips, a piece of string or tape may be tied round them, or by raising the lower jaw the teeth may be made to retain the tongue in that position. Remove all tight clothing from about the neck and chest.

Now standing at the patient's head, grasp the arms just above the elbows, and draw them gently and steadily upwards above the head, and keep them upwards for two seconds—by this means, air is drawn into the lungs—then turn down the patient's arms, and

press them gently and firmly for two seconds against the sides of the chest, the air being thus expressed from the lungs. Repeat this process alternately and deliberately about 15 times a minute, until a spontaneous effort to respire is noticed, then cease the movements, and proceed to induce circulation and warmth as before described.

It is necessary sometimes to persevere for some hours with the artificial respiration in bad cases. When consciousness returns, give a little hot beef tea or soup, with wine, rest and quiet will do the rest.

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CHAPTER VII.

HINTS FOR PEDESTRIAN AND CYCLING TOURS.

There are few more pleasurable and healthy ways of spending a holiday for those who are robust and strong, than a walking tour through some fine and picturesque country. With knapsack on back, and a stout stick in hand, one feels independent of railways, or other rapid means of locomotion, along with a delightful feeling of freedom in being able to wander hither and thither wherever fancy leads. On such a tour the chief danger is in walking too far at a stretch, and so overdoing it. When fatigue begins the pleasure ends, and the benefit to health is endangered. For the average man living in town, 12 or 15 miles a day is usually sufficient for one day's walk, taking it easy, and resting when necessary. As regards suitable dress, a short jacket of good woollen tweed with plenty of pockets outside, knickerbockers of the same material, soft woollen stockings, singlet of wool, and flannel shirts are the most comfortable for an expedition of this kind. The head should be properly protected. A light soft felt hat with a broad brim, will be found to answer better than the close fitting cap, as it affords greater protection from both rain and sun, and will not so easily get soaked through as the latter.

A belt will be found more comfortable than braces, while it also allows free play to the chest and arms. Proper attention should be paid to the feet.

Lace-up boots will be found to give the most support to the ankles, the leather not being too thick and harsh, but soft enough to give to the foot. A small waterproof knapsack that can be easily carried on the back, just large enough to hold what is absolutely necessary, with a light macintosh coat folded under the

flap in case of rain, is all that is needed for baggage equipment. Do not make a start immediately after eating a hearty meal, and avoid drinking liquids as much as possible, beer especially, except at meal times. If troubled with excessive perspiration from the feet, a powder composed of starch powder three parts, oxide of zinc one part, boracic acid quarter part well mixed together, and a little dusted into the stocking will prevent any unpleasantness arising from this cause. When stiffness is felt, a warm bath at the end of the day's walk will usually remove it.

For cyclists, many of these hints are also applicable. It is well to avoid overtaxing the strength, such as by riding too far at a stretch, especially under a hot sun. For soreness of the skin caused through perspiration and friction of the clothes, a little powdered Fuller's earth should be dusted over the part at night before going to bed, also over any place where the skin is chafed. When stiffness of the muscles and joints is felt after a long run, a rub down with olive oil shaken up with a few drops of strong solution of ammonia will give relief. A warm bath will generally take away the aching of the limbs sometimes experienced after a long ride. In case of a spill, resulting in contusions, or abraided skin, soak a pocket handkerchief in water and bind it round the part until proper remedies can be obtained, as described in the previous pages.

CHAPTER VIII.

MEDICAL REQUISITES AND MEDICINE CHESTS FOR TRAVELLERS.

The value of having a few remedies at hand in case of emergency cannot be over-estimated, especially by those who travel much. When residing in country houses, or staying in isolated districts some distance from medical aid, it is always well to take a small medicine chest in case of necessity. Experience has taught many who travel to any extent abroad the advisability of carrying a few simple medicines, a plan that is always well to follow. Those who have been seized with a sudden attack of illness in a strange hotel in some foreign city, know how difficult it is at times to get what is required, and the advantage of having the right remedy at hand.

The following list of medicines can be recommended as those likely to be of the greatest use at home, and when travelling :—

	DOSE.
Brandy - - -	One to 4 teaspoonfuls as a restorative.
Friar's Balsam - -	10 to 15 drops on a lump of sugar.
Sal Volatile - - -	$\frac{1}{2}$ to 1 teaspoonful in water.
Sweet Spirit of Nitre	$\frac{1}{2}$ to 2 teaspoonfuls in water.
Essence of Ginger-	10 to 20 drops in water.
Chlorodyne - - -	5 to 15 drops in water <i>for adults only.</i>
Ipecacuanha Wine	5 to 40 drops for a cough; 3 to 6 tea- spoonfuls as an emetic

Compound Powder	Liquorice	
- - -		1 to 2 teaspoonfuls in water or milk.
Chlorate of Potass Lozenges or Tablets	- - -	1 occasionally.
Ipecacuanha Lozenges	-	" "
Bismuth	-	" "
Cocaine ($\frac{1}{2}$ gr.)	"	" "
Bicarbonate of Soda	-	$\frac{1}{2}$ to 1 small teaspoonful in water.
Cascara Sagrada Tablets		1 or 2 at bedtime occasionally.
Pepsine Tablets	- - -	" " after meals.
Quinine(in tablets or pills)		2 to 10 grains.
Salicylate of Soda (in tablets)		5 to 10 grains for adults
Granular Effervescing		
Citrate of Caffeine	-	1 teaspoonful in water.
Granular Effervescing		
Citrate of Magnesia	-	A dessert or tablespoonful in water.
Compound Rhubarb Pills		2 for a dose.
Pure Glycerine	- - -	1 or 2 teaspoonfuls.
Tincture of Arnica	-	For external use.
Goulard Water	- -	" " "
Carbolised Oil, strength 1 in 20	- - -	" " "
Boracic Ointment	- -	" " "
Spermaceti	"	" " "
Lint. Strapping Plaster. Bandage. Clinical Thermometer.		

Selection for travelling abroad (with quantities)—

Sal Volatile, 1oz. Quinine, 1 drachm. Brandy, 4oz.

Essence of Ginger, $\frac{1}{2}$ oz. Sweet Spirit of Nitre, 1oz.

Chlorodyne, 1 drachm. Friar's Balsam, 1 oz.

Granular Citrate of Compound Liquorice Caffeine, 1oz. Powder, 2oz.

Chlorate Potass Tablets, 1oz. Bicarbonate Soda Tablets, 1oz.

Lint and Plaster. Scissors. Tape. Bandage. Clinical Thermometer. Menthol Conc.

FAMILY CHEST.

Sal Volatile 2oz.	Sweet Spirit of Nitre, 1oz.
Brandy, 6oz.	Friar's Balsam, 2oz.
Ipecacuanha Wine, 2oz.	Essence of Ginger, 1oz.
Compound Liquorice Powder, 2oz.	Citrate of Magnesia, 4oz.
Ipecacuanha Lozenges, 2oz.	Chlorate of Potash Lozenges, 2oz.
Pure Glycerine, 4oz.	Essence of Senna, 2oz.
Compound Rhubarb Pills, 4 dozen.	Oil of Cloves, 1 drachm.
Carbonate of Magnesia, 1oz.	Tincture of Arnica, 1oz.
Carbolised Oil (1 in 20), 4oz.	Spermaceti Ointment, 1oz.
	Menthol Cone.
Plaster. Lint. Tape. Bandage. Clinical Thermometer and Cotton Wool.	

FOR YACHTING.

Quinine, $\frac{1}{2}$ oz.	Sweet Spirit of Nitre, 2oz.
Sal Volatile, 4oz.	Essence of Ginger, 2oz.
Chlorodyne, $\frac{1}{2}$ oz.	Laudanum, 1oz.
Bicarbonate of Soda, 2oz.	Chlorate of Potass Lozenges, 2oz.
Bismuth Lozenges, 2oz.	Cascara Tablets, 3 dozen.
Granular Citrate of Magnesia, 8oz.	Compound Rhubarb Pills, 6 dozen.
Friar's Balsam, 2oz.	Salicylate of Soda Tablets, 2 dozen.
Cocaine Lozenges, $\frac{1}{2}$ gr. in each—36.	Goulard Water, 10oz.
Carbolised Oil (1 in 20), 8oz.	Tincture of Arnica, 2oz.
Plaster. Lint. Tape. Bandages. Clinical Thermometer and Cotton Wool.	

FOR CYCLING TOUR.

Brandy. Chlorate of Potass Tablets. Rhubarb Pills. Chlorodyne. Bandage. Carbolised Oil. Lint. Fuller's-earth Powder.
--

FOR PEDESTRIAN TOUR.

Brandy. Chlorate of Potass Tablets. Quinine.
Cascara Tablets. Chlorodyne. Fuller's-earth
Powder.

APPENDIX.

THE PRINCIPAL SPAS OF GREAT BRITAIN AND EUROPE, WITH THE MEDICINAL PROPERTIES OF THEIR WATERS.

Bath, Somersetshire.—Saline, chiefly sulphate of lime. Swimming bath eighty-eight degrees, King's one hundred and ten degrees, Queen's one hundred and twelve degrees, Hot one hundred and eighteen degrees. Baths for Chronic Rheumatism.

Boscombe, Bournemouth.—Chalybeate, contains half a grain of iron in 20 ozs. with carbonic acid.

Buxton, Derbyshire.—Altitude 900 feet, bracing air. Baths for Chronic Gout and Rheumatism.

Cheltenham.—The Montpelier Spas. 1. Saline aperient. 2. Ioduretted and Sulphuretted Chalybeate. 4. Pure Saline. 4a. Strongly Ioduretted Saline. 5. Ioduretted Magnesian Saline. The Royal Old Wells. 6. Chalybeate and the rest Saline Aperient. Season from July to October.

Dinsdale, Northamptonshire.—Water 52 degrees Frht. Strongly sulphurous, contains 19½ grs. in 20 oz. chiefly sulphate of lime acting on the skin and kidneys, and useful in dyspepsia.

Droitwich, Worcestershire.—Brine baths for Rheumatism.

Filey, Yorkshire.—Saline aperient, contains chiefly chloride of sodium, magnesium and calcium, and sulphate of magnesia.

Gilsland, Cumberland.—Air bracing and healthy. One spring strongly Chalybeate. One strongly sulphurous. For Skin Diseases and Dyspepsia.

Harrogate.—The Old Sulphur Spring. Two Chalybeate springs. The new spring chiefly saline.

Leamington.—The Old Well 48 degrees Frht. Saline. The Saline Chalybeate and other springs useful in Stomach and Liver Complaints.

Malvern, Worcestershire.—Air mild. Holy Well, St. Anne, cold and pure, useful in Affections of the Kidneys, &c.

Matlock, Derbyshire.—Climate mild and humid. Calcareous, slightly Chalybeate with carbonic acid.

Moffat, Dumfrieshire.—Heartfell Spring, aluminous and strongly Chalybeate. A resort for Pulmonary Patients. Sulphur Wells.

Nantwich.—Brine Baths for Rheumatism.

Pitkeathly, Perthshire.—Saline water, lime and soda.

Sandrock, Isle of Wight.—Aluminous Chalybeate with carbonic acid. Used for baths, or much diluted when taken internally.

Scarborough, Yorks.—Altitude 174 feet. Two saline Chalybeates. Both Wells are similarly constituted, containing lime and magnesia, &c.

Strathpeffer, Ross-shire.—Two springs. The upper contains chiefly soda and lime and sulphuretted hydrogen. The lower spring much the same, but weaker. The former contains the most sulphuretted hydrogen of any spring in Great Britain. Useful for Gout, Rheumatism, Scrofula, and Skin Diseases.

Trefriw, N. Wales. — Climate mild and sheltered. Chalybeate Baths.

Tunbridge, Kent.—Chalybeate 50 degrees Frht.

Victoria, Stratford, Essex.—Saline aperient, useful in Stomach and Liver Diseases.

Woodhall, Lincolnshire.—Contains iodine and bromine, useful in Chronic Rheumatism, Scrofula, Tertiary Syphilis, &c.

CONTINENTAL.

Aix la Chapelle, Rhenish Prussia.—Climate mild, mean temperature, June to August, 63 degrees Frht. Waters, saline and sulphurous.

Aix les Bains, Savoy.—Climate mild. For drinking and douching. Recommended for Rheumatism, Eczema, Gout, and Sciatica.

Baden, near Vienna.—Air bracing, temperature changeable. Water, sulphurous and saline.

Baden Baden.—Air mild and pure, mean temperature 48 degrees Fht. Season, May to October. Baths for Rheumatism and Paralysis.

Bilin, Bohemia.—For Indigestion and Acidity of the Stomach.

Bourboule (La) France.—For diseases arising from Impoverished Blood, Skin Diseases, Rheumatism, Gout, Sciatica, &c.

Carlsbad, Bohemia.—Season, June to September. Drunk for obstinate Constipation, Affections of Liver, Gout and Rheumatism, and Diabetes.

Contrexville, Vosges, France.—Climate warm. Season, May 20th to September 15th.

Ems, on the Luhn, Germany.—Air soft and balmy. Temperature steady. Useful in diseases of Mucous Membranes and Uterine Derangements especially, Sluggish Liver and Irritative Dyspepsia.

Franzensbad, Bohemia.—For drinking and baths. Beneficial in all forms of Abdominal Plethora, Anæmia, and Chlorosis.

Homburg, Germany.—Air pure and bracing. Water laxative, slightly tonic, and useful in Plethora, Dyspepsia, Hysteria, Hypochondria, etc. Also used for baths.

Ludwigs-Brunnen is a pleasant drinking water. Open all the year. Season, May to September.

Kissengen, Bavaria.—Climate mild and dry. Waters laxative, and used in Indigestion, Obstruction of the Liver, and morbid condition of the Kidneys. Season, from May to September.

Kreuznach, Rhenish Prussia.—Climate warm, clear, and dry. Strongly iodised water, tonic, and stimulant to the lymphatic system. Useful in Skin Diseases, Rheumatism, Scrofula, Tuberculosis, also for baths. Season, June to September.

Marienbad, Bohemia.—Air dry and good. Season, May to September. Waters laxative, for Gout and derangement of the digestive organs.

Labassère, Hautes Pyrenees.—Used for Bronchial and Laryngeal Catarrh.

Reichenhall, Upper Bavaria.—Altitude 1407 feet. Climate mild and bracing. Used only for baths for Scrofula and incipient Tuberculosis, and for inhalation. Season, July and August.

Rippoldsau, Baden.—Altitude pure, fresh, and bracing. Tonic resolvent for Chlorotic and Anæmic patients, also useful for Pulmonary Catarrh. Season, middle of May to middle of September.

Royat, Puy-de-Dôme, France.—Altitude 1380 feet. Alkaline springs, useful for Gastro-Intestinal Dyspepsia, Rheumatism, etc.

St. Maurice, Upper Engadine, Switzerland.—Altitude 5464 feet. Climate rough. Mean temperature summer months 51 degrees Fhrt. Tonic and stimulating in Debility, Anæmia, Neuralgia, Scrofula, and in some conditions of Lung Disease. Used for drinking and for baths. Season, July and August.

Spa, Belgium.—Altitude 1030 feet, sheltered. Air fine and bracing. Seven mineral springs. The chalybeates are highly beneficial in Anæmia, Debility, and Depression of System. Season, August and September.

Tarasp, Switzerland, Lower Engadine.—Altitude 4265 degrees. Useful in Abnormal Obesity, Gout, Rheumatism and Skin Diseases, &c. Season June to September. Mean temperature of July 51 degrees Fhrt.

Vals, France.—Beneficial in Indigestion and Skin diseases.

Vernet, Eastern Pyrenees.—The principal sources of the ancient Thermal used by the Romans. Climate mild and equable; suitable during the winter for consumptive patients. Mean temperature in October 61 degrees Fhrt., November 51 degrees Fhrt.

Vichy, Central France.—Climate very mild, hot in summer. Water useful in Kidney diseases and Diabetes, also in Gout and Liver derangement. Water for drinking and bathing. Season, May to October.

Wiesbaden, Nassau.—Mean annual temperature 51 degrees Fhrt. Season, May to September. Twenty-three springs. Useful in Chronic Rheumatism and Gout.

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Hot Bath,	106 deg.	Fhrt.	Temperate Bath,	78 deg.	
Warin	" 96	"		Fhrt.	
Tepid	" 86	"	Cool Bath,	66 deg.	Frht.
			Cold	" 46	"

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